



Fitness & Dance



Samba Dance Class

18yrs - Adult

Learn the basic rhythms and dance steps of the samba. Burn calories and work-out the entire body, especially the legs and lower torso. Instructor: Ana Robinson. Pre-registration is required. Location: Dorothy Hart Community Center.

Tuesdays, 6:00pm - 6:45pm

May 17 – June 7

June 14 – July 5

July 12 – August 2

\$30/\$35 (residents/non-residents)

[Samba Dance Class \(Mommy & Me\) 8yrs - Adult Tuesdays, 5:00pm - 5:45pm Details on page 7.](#)

Oriental and Tribal Dance Class and Mixer

12yrs – Adult

The ancient art of “belly dance” is a natural and creative form for any age or body type. Each night includes “Intro – Practice – Dance:” and introduction of different moves. Practice combos and steps then a follow-along dance session. It’s the easiest way to learn! New dance combinations each week to exotic music and rhythms. The second half of class offers mixed level challenges featuring shimmies, layering, finger cymbals, props, and more! See FxbgBellydance on Facebook. Anyone can join! Exercise wear is recommended and slippers are optional. Pre-registration required. Location: Dorothy Hart Community Center

Wednesdays, 7:00pm – 9:00pm

May 4, 11, 18, 25

June 1, 8, 15, 22

July 6, 13, 20, 27

August 3, 10, 17, 24

September 7, 14, 21, 28

\$49/\$60 (residents/non-residents)

\$15/drop in

[Do you like Zumba? Try Aqua Zumba!! Details on page 6.](#)



Isshinryu Karate

8yrs – Adult

This program is for adults and children alike to help develop coordination, muscle tone, and self confidence. The instructor does more than teach the basic karate movements; he also works on discipline and respect for others. It’s a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids! Location: Dorothy Hart Community Center

Saturdays, 10:00am – 12:00pm

April 30 – June 11 (No class May 28)

July 9 – August 13

September 10 – October 15

\$35/\$45 (residents/non-residents)

[Junior Karate \(ages 5-7\) Saturdays, 9am - 10am Details on page 7.](#)



Group Fitness Punch Card Programs

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our offerings to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in the description below. Location: Dorothy Hart Community Center.

Group Fitness Punch Card Options and Fees:

30 Day Pass (Unlimited Classes) - \$40/\$45 (res/non-res)

Flex 12 Punch Card - \$35/\$40 (residents/non-residents)

Flex 8 Punch Card - \$30/\$35 (residents/non-residents)

Drop in fee for any class \$5



These cards allow you the flexibility to choose and try any and all fitness classes. Each time you attend a class, it is 1 punch. Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

Strength, Tone and Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body including upper body, lower body, and abdominals through the use of free weights, flexibility ball, and exercise tubes. Instructor: Pam Wrobel, ACE & CPR Certified.

Mondays and Wednesdays, 6:00pm-6:50pm

Early Morning Sculpt and Tone

Start your day off with this early morning workout. This program includes a variety of exercises to include ballet, yoga and Pilates to strengthen, tone, and keep you flexible. You'll find you have more energy throughout the day and be glad you got out of bed in time to get in shape. Instructor: Pam Wrobel, ACE & CPR Certified

Mondays, Wednesdays, Fridays, 8:10am-9:00am

Cardio and Strength Training for Active Older Adults

This unique strength training program is specifically geared toward the Active Older Adult. We combine low impact cardio elements, resistance training, along with cord condition floor work. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout! Instructor: Teresa Powell, CPR Certified

Tuesdays, 8:30am-9:20am and 1:00pm-1:50pm

Thursdays, 1:00pm-1:50pm

Pilates for the Beginner to Intermediate Levels

Pilates is for all ages, genders and abilities! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abdominals, hips and thighs); assisting to realign the spine and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility. You will also learn to do Pilates exercises with props, such as small balls, large medicine balls, stretch bands, hand weights, Pilates rings and foam rollers. Instructor: Teresa Powell, CPR Certified

Mondays, Wednesdays, Fridays

11:30am-12:20pm

Balance and Gentle Stretching

This class addresses the issue of core stability through balance exercises. Gentle stretching would target the flexibility of individuals; keeping them limber for daily activities. Instructor: Pam Wrobel, ACE & CPR Certified

Tuesdays and Thursdays

8:15am-9:00am